

Towards Independence

Yogacise

Name:

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This module has been developed as the result of collaborative work between ASDAN and practitioners delivering the Towards Independence programme. Our thanks go to all those who contributed to the development of these materials.

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Welcome

You are starting a module called

Yogacise

In doing the activities in this module you will be asked to:

- say
- show
- choose
- make things

You can say things by talking or signing, or by using any other means to let someone know what you want to say.

You can choose and show things by using:

- pictures
- digital recording
- other means
- photographs
- computer

or by telling someone else so they can write or do it for you. All the way through you can have as much help as you need.

As you complete each activity, you or your tutor can tick the box shown alongside the activity and the corresponding box on the **Record of Activities** page.

When you have finished the module, remember to complete the **Module Review** and **Next Steps** at the end of the book.

Record Boxes

At the end of each section you will find a page of record boxes:

This box can be used by your tutor to write an extra activity for you to do. This might ask you to practise some of the skills you have already shown, or it might ask you to do an extension activity.

This box can be used in any way to show your achievements throughout the section. It might also show what you need to work on next.

This box can be used to record your achievement by allocating a P level or other descriptor and subject area.

This box shows skills you have used well. These might be Basic Skills, Key Skills or other important life skills.

This box shows what sort of help you had.

This box shows where the work is kept in your ring binder (or other place).

The form contains the following fields:

- Activity: (with an optional label)
- Comments: Tutor/Supervisor/Learner (with an optional label)
- P level or other centre assessment tool: (with an optional label)
- Subject area:
- Level of support:
- Skills:
- Evidence ref:
- Verified by:
- Date:

Your tutor will sign and date these boxes when all the other boxes have been filled in.

Levels of Support

Ask your tutor to talk to you about these:



NH No Help – you can do things on your own



SH Spoken/Signed Help – you are helped by someone speaking or signing suggestions to you



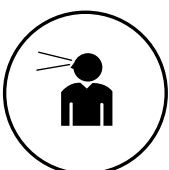
GH Gestural Help – you are helped by someone using hand signals or other gestural prompts



PH Physical Help – you are helped by someone holding you and/or helping you to move



SE Sensory Experience – you are given the opportunity of being involved through a sensory experience, e.g. hearing, touch, sight or taste



ER Experience Recorded – you are provided with an experience of the activity but are unable to take part

Section A: Relaxation

You can do these exercises listening to some relaxing music.

- 1 Sit on a chair with your feet flat on the floor.
Be still and quiet for a few minutes.
- 2 Lie on your back with your knees bent (use a mat and place a cushion under your head so you are comfortable).
- 3 Turn on your side and lie in the recovery position.
- 4 Lie on your stomach and rest your head on your hands.



Section A: Relaxation

optional

Activity:

optional

Comments:

Tutor/Supervisor/Learner

optional

P level or other centre assessment tool:

Subject area:

Level of support:

Skills:

Evidence ref:

Verified by:

Date:

Section F:

Three-way stretches and bends

Remember to warm up before you begin. You can do these exercises either sitting down or standing up.



- 1
 - a. stretch your arms up
 - b. stretch over to one side
 - c. stretch forwards
 - d. return to the centre position

- 2
 - a. raise one arm up and place your hand on your head
 - b. bend to one side
 - c. bend to the other side

- 3
 - a. place both hands on your head and bend to one side
 - b. return to the centre position
 - c. place both hands on your head and bend to the other side

- 4
 - a. place your hands on your waist
 - b. bend to one side and then the other
 - c. bend forwards
 - d. return to the centre position

Section F:

Three-way stretches and bends

Activity:

optional

Comments:

Tutor/Supervisor/Learner

optional

P level or other centre assessment tool:

optional

Subject area:

Level of support:

Skills:

Evidence ref:

Verified by:

Date:

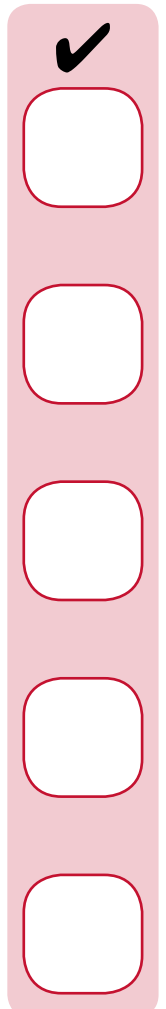
Section M: Project

In this section you can choose your own activity.

Here are some ideas:

- Take part in a group dance
- Take part in a performance to entertain others
- Plan an exercise programme for yourself or others
- Watch a live dance performance
- Other

- 1 Decide what your project will be.
- 2 Plan your project.
- 3 Make a list of the things you need.
- 4 Do your project.
- 5 Show what went well in your project.



A vertical bar on the right side of the page, containing a checkmark at the top and five empty rounded rectangular boxes below it, likely for tracking progress.

Section M: Project

Activity: optional

Comments: optional
Tutor/Supervisor/Learner

P level or other centre assessment tool: optional

Subject area:

Level of support:

Skills:

Evidence ref:

Verified by:

Date:

Next Steps

My next challenge:

Activities and modules that will help:

Who can help me and when:

Remember to record that you have completed this module and review on the **Record Page** in your **Starting Out** module.

Learner signature:

Tutor/supervisor signature:

Date:



Sample



TISM32/1

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